



Eating right, simplified.

2,800 Calorie Plan (Basic 2) 5meals/day

DAY 1

Breakfast

7:00 AM

whole eggs, scrambled	2 large	182 cal
extra virgin olive oil	1 Tbsp	120 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
black tea brewed	2 Cup(s)	5 cal
garlic	1 clove	4 cal
whole grain tortillas	2 tortilla	340 cal
oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 761 cal / **Carbs** 83 g (41%) / **Protein** 31 g (16%) / **Fat** 38 g (43%) / **Fluid** 29

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
fbbc mexicali dip	1 serving	275 cal
blue corn tortilla chips, no salt	1 oz	142 cal

MEAL TOTAL: **Calories** 417 cal / **Carbs** 40 g (38%) / **Protein** 35 g (33%) / **Fat** 14 g (29%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

romaine lettuce	1 Cup(s)	8 cal
tomatoes	1/2 cup	13 cal
drinking water	2 Cup(s)	0 cal
avocados	1/2 avocado	161 cal
tempeh	3 oz	162 cal
extra virgin olive oil	1 Tbsp	120 cal
basmati rice, cooked	1 Cup(s)	200 cal

MEAL TOTAL: **Calories** 664 cal / **Carbs** 68 g (38%) / **Protein** 23 g (13%) / **Fat** 38 g (49%) / **Fluid** 24

NOTES:

Snack

3:00 PM

edamame soybeans, shelled	1 Cup(s)	120 cal
iced tea, green	2 Cup(s)	0 cal
cheese swiss	1 1/2 oz	162 cal
brown rice crackers, no salt	6 crackers	90 cal

MEAL TOTAL: **Calories** 372 cal / **Carbs** 27 g (29%) / **Protein** 24 g (26%) / **Fat** 18 g (45%) / **Fluid** 17

NOTES:



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Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal
cod fish, cooked	3 oz	89 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
buckwheat groats, cooked	1 Cup(s)	155 cal
black eyed peas	1 Cup(s)	90 cal
sweet potato, no salt, baked	1 Cup(s)	180 cal

MEAL TOTAL: **Calories** 662 cal / **Carbs** 97 g (56%) / **Protein** 37 g (22%) / **Fat** 16 g (22%) / **Fluid** 30

NOTES:

DAY 1 TOTAL: **Calories** 2,876 cal / **Carbs** 314 g (42%) / **Protein** 150 g (20%) / **Fat** 125 g (38%) / **Fluid** 124



Eating right, simplified.

DAY 2

Breakfast

7:00 AM

black tea brewed	2 Cup(s)	5 cal
plain greek yogurt, nonfat	7 oz	117 cal
blueberries	1 Cup(s)	83 cal
sunflower flax bread	2 slice	270 cal
chunky peanut butter, no salt	1 1/2 Tbsp	141 cal

MEAL TOTAL: **Calories** 616 cal / **Carbs** 78 g (49%) / **Protein** 37 g (23%) / **Fat** 20 g (28%) / **Fluid** 26

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
grapes	6 oz	97 cal
almonds	1 oz	162 cal
pears	1 large	119 cal

MEAL TOTAL: **Calories** 378 cal / **Carbs** 62 g (59%) / **Protein** 8 g (8%) / **Fat** 15 g (33%) / **Fluid** 27

NOTES:

Lunch

12:00 PM

extra virgin olive oil	2 Tbsp	240 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal
tomatoes	1 7/8 cup	50 cal
sweet potato, no salt, baked	1 1/2 Cup(s)	270 cal
atlantic herring, cooked	3 oz	173 cal

MEAL TOTAL: **Calories** 749 cal / **Carbs** 76 g (39%) / **Protein** 29 g (15%) / **Fat** 39 g (46%) / **Fluid** 37

NOTES:

Snack

3:00 PM

egg, hard boiled	2 large	155 cal
drinking water	2 Cup(s)	0 cal
pears	2 large	238 cal

MEAL TOTAL: **Calories** 393 cal / **Carbs** 65 g (62%) / **Protein** 14 g (14%) / **Fat** 11 g (24%) / **Fluid** 30

NOTES:

Dinner

6:00 PM

iced tea, green	2 Cup(s)	0 cal
indian eggplant curry	1 1/2 serving	455 cal
basmati rice, cooked	1 Cup(s)	200 cal

MEAL TOTAL: **Calories** 655 cal / **Carbs** 100 g (57%) / **Protein** 15 g (9%) / **Fat** 26 g (34%) / **Fluid** 40

NOTES:

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DAY 2 TOTAL: Calories 2,792 cal / **Carbs** 380 g (52%) / **Protein** 104 g (14%) / **Fat** 112 g (34%) / **Fluid** 161

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DAY 3

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
blueberries	1 1/2 Cup(s)	124 cal
plain greek yogurt, nonfat	7 oz	117 cal
sunflower flax bread	1 slice	135 cal
chunky peanut butter, no salt	2 Tbsp	188 cal

MEAL TOTAL: **Calories** 565 cal / **Carbs** 67 g (45%) / **Protein** 35 g (23%) / **Fat** 21 g (32%) / **Fluid** 28

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
walnuts	1 oz	183 cal
oranges	2 fruit	137 cal

MEAL TOTAL: **Calories** 320 cal / **Carbs** 39 g (44%) / **Protein** 7 g (8%) / **Fat** 19 g (48%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
romaine lettuce	2 Cup(s)	16 cal
extra virgin olive oil	1 1/2 Tbsp	180 cal
edamame soybeans, shelled	1 3/4 Cup(s)	210 cal
tomatoes	1 cup	27 cal
lemon juice	2 Tbsp	7 cal
chicken breast, boneless skinless	6 oz	184 cal
buckwheat groats, cooked	1 Cup(s)	155 cal

MEAL TOTAL: **Calories** 778 cal / **Carbs** 59 g (29%) / **Protein** 60 g (30%) / **Fat** 37 g (41%) / **Fluid** 33

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
red peppers	1 medium	37 cal
cheese swiss	1 1/2 oz	162 cal
brown rice crackers, no salt	8 crackers	120 cal

MEAL TOTAL: **Calories** 318 cal / **Carbs** 31 g (40%) / **Protein** 16 g (20%) / **Fat** 14 g (40%) / **Fluid** 20

NOTES:



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Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
indian eggplant curry	2 serving	607 cal
basmati rice, cooked	1 Cup(s)	200 cal

MEAL TOTAL: **Calories** 807 cal / **Carbs** 118 g (55%) / **Protein** 19 g (9%) / **Fat** 35 g (36%) / **Fluid** 48

NOTES:

DAY 3 TOTAL: **Calories** 2,788 cal / **Carbs** 314 g (43%) / **Protein** 136 g (19%) / **Fat** 125 g (38%) / **Fluid** 154



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

blueberries	1 1/2 Cup(s)	124 cal
drinking water	2 Cup(s)	0 cal
breakfast stuffed peppers	2 serving	379 cal
sunflower flax bread	2 slice	270 cal

MEAL TOTAL: **Calories** 773 cal / **Carbs** 93 g (46%) / **Protein** 35 g (17%) / **Fat** 33 g (37%) / **Fluid** 30

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
pears	1 large	119 cal
walnuts	1 oz	183 cal

MEAL TOTAL: **Calories** 302 cal / **Carbs** 36 g (43%) / **Protein** 5 g (6%) / **Fat** 19 g (51%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

romaine lettuce	1 Cup(s)	8 cal
iced tea, green	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal
whole grain tortillas	2 tortilla	340 cal
tuna fish, very low-sodium, in water	6 oz	168 cal
tomatoes	1 cup	27 cal
oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 731 cal / **Carbs** 79 g (41%) / **Protein** 53 g (28%) / **Fat** 27 g (31%) / **Fluid** 26

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
provolone cheese	1 1/2 oz	149 cal
brown rice crackers, no salt	8 crackers	120 cal
edamame soybeans, shelled	1/2 Cup(s)	60 cal

MEAL TOTAL: **Calories** 329 cal / **Carbs** 27 g (33%) / **Protein** 19 g (23%) / **Fat** 16 g (44%) / **Fluid** 17

NOTES:



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Dinner

6:00 PM

salmon, cooked	4 oz	174 cal
black tea brewed	2 Cup(s)	5 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
beets	1 Cup(s)	58 cal
black eyed peas	1 Cup(s)	90 cal
basmati rice, cooked	1 Cup(s)	200 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 675 cal / **Carbs** 84 g (49%) / **Protein** 42 g (24%) / **Fat** 21 g (27%) / **Fluid** 25

NOTES:

DAY 4 TOTAL: **Calories** 2,810 cal / **Carbs** 319 g (44%) / **Protein** 154 g (21%) / **Fat** 115 g (35%) / **Fluid** 120



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DAY 5

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
breakfast stuffed peppers	2 serving	379 cal
sunflower flax bread	1 1/4 slice	169 cal
nectarines	1 fruit	60 cal

MEAL TOTAL: **Calories** 607 cal / **Carbs** 60 g (38%) / **Protein** 31 g (20%) / **Fat** 30 g (42%) / **Fluid** 28

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
pears	2 large	238 cal
walnuts	1 oz	183 cal

MEAL TOTAL: **Calories** 421 cal / **Carbs** 68 g (58%) / **Protein** 6 g (5%) / **Fat** 19 g (37%) / **Fluid** 28

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tomatoes	1 cup	27 cal
romaine lettuce	1 Cup(s)	8 cal
chicken breast, boneless skinless	8 oz	245 cal
whole grain tortillas	2 tortilla	340 cal
red peppers	1 medium	37 cal
oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 725 cal / **Carbs** 86 g (46%) / **Protein** 62 g (33%) / **Fat** 18 g (21%) / **Fluid** 36

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
plain greek yogurt, nonfat	6 oz	100 cal
walnuts	1 oz	183 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 366 cal / **Carbs** 31 g (32%) / **Protein** 23 g (23%) / **Fat** 19 g (45%) / **Fluid** 25

NOTES:



Eating right, simplified.

Dinner

6:00 PM

shrimp, cooked	3 oz	101 cal
edamame soybeans, shelled	1 Cup(s)	120 cal
extra virgin olive oil	2 Tbsp	240 cal
iced tea, green	2 Cup(s)	0 cal
basmati rice, cooked	1 Cup(s)	200 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal

MEAL TOTAL: **Calories** 689 cal / **Carbs** 61 g (35%) / **Protein** 35 g (20%) / **Fat** 35 g (45%) / **Fluid** 20

NOTES:

DAY 5 TOTAL: **Calories** 2,809 cal / **Carbs** 306 g (42%) / **Protein** 157 g (21%) / **Fat** 121 g (37%) / **Fluid** 137



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
blueberries	1 Cup(s)	83 cal
plain greek yogurt, nonfat	6 oz	100 cal
seeds chia dried	1 oz	138 cal
sunflower flax bread	2 slice	270 cal
chunky peanut butter, no salt	1 Tbsp	94 cal

MEAL TOTAL: **Calories** 685 cal / **Carbs** 86 g (48%) / **Protein** 37 g (21%) / **Fat** 25 g (31%) / **Fluid** 25

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
walnuts	1 oz	183 cal
pears	1 large	119 cal

MEAL TOTAL: **Calories** 302 cal / **Carbs** 36 g (43%) / **Protein** 5 g (6%) / **Fat** 19 g (51%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tomatoes	1 cup	27 cal
romaine lettuce	2 Cup(s)	16 cal
extra virgin olive oil	1 Tbsp	120 cal
chicken breast, boneless skinless	3 oz	92 cal
buckwheat groats, cooked	1 Cup(s)	155 cal
black eyed peas	1 Cup(s)	90 cal
sweet potato, no salt, baked	1 Cup(s)	180 cal

MEAL TOTAL: **Calories** 679 cal / **Carbs** 101 g (57%) / **Protein** 35 g (20%) / **Fat** 18 g (23%) / **Fluid** 35

NOTES:

Snack

3:00 PM

iced tea, green	2 Cup(s)	0 cal
pears	1 large	119 cal
cheese swiss	1 oz	108 cal
brown rice crackers, no salt	10 crackers	150 cal

MEAL TOTAL: **Calories** 377 cal / **Carbs** 61 g (62%) / **Protein** 12 g (13%) / **Fat** 11 g (25%) / **Fluid** 22

NOTES:



Eating right, simplified.

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal
cod fish, cooked	6 oz	179 cal
roasted beet and chickpea salad	2 serving	417 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal

MEAL TOTAL: **Calories** 744 cal / **Carbs** 157 g (53%) / **Protein** 55 g (18%) / **Fat** 38 g (29%) / **Fluid** 31

NOTES:

DAY 6 TOTAL: **Calories** 2,787 cal / **Carbs** 440 g (53%) / **Protein** 144 g (17%) / **Fat** 110 g (30%) / **Fluid** 136



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

egg, hard boiled	2 large	155 cal
drinking water	2 Cup(s)	0 cal
plain greek yogurt, nonfat	8 oz	134 cal
nectarines	2 fruit	120 cal
seeds chia dried	1 oz	138 cal
sunflower flax bread	1 slice	135 cal

MEAL TOTAL: **Calories** 681 cal / **Carbs** 71 g (40%) / **Protein** 48 g (28%) / **Fat** 25 g (32%) / **Fluid** 33

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
tomatoes	1 cup	27 cal
provolone cheese	1 1/2 oz	149 cal
brown rice crackers, no salt	8 crackers	120 cal

MEAL TOTAL: **Calories** 296 cal / **Carbs** 29 g (39%) / **Protein** 15 g (20%) / **Fat** 14 g (41%) / **Fluid** 21

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
extra virgin olive oil	2 Tbsp	240 cal
tempeh	4 oz	216 cal
sweet potato, no salt, baked	1 1/2 Cup(s)	270 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal

MEAL TOTAL: **Calories** 754 cal / **Carbs** 78 g (39%) / **Protein** 29 g (14%) / **Fat** 41 g (47%) / **Fluid** 28

NOTES:

Snack

3:00 PM

walnuts	1 oz	183 cal
iced tea, green	2 Cup(s)	0 cal
oranges	2 fruit	137 cal

MEAL TOTAL: **Calories** 320 cal / **Carbs** 39 g (44%) / **Protein** 7 g (8%) / **Fat** 19 g (48%) / **Fluid** 24

NOTES:



Eating right, simplified.

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	6 oz	184 cal
roasted beet and chickpea salad	2 serving	417 cal
buckwheat groats, cooked	1 Cup(s)	155 cal
mushrooms	1 cup	15 cal

MEAL TOTAL: **Calories** 771 cal / **Carbs** 188 g (61%) / **Protein** 56 g (18%) / **Fat** 28 g (21%) / **Fluid** 35

NOTES:

DAY 7 TOTAL: **Calories** 2,822 cal / **Carbs** 405 g (48%) / **Protein** 155 g (18%) / **Fat** 126 g (34%) / **Fluid** 142



1 Servings

fbbc mexicali dip

Ingredients

ground beef, lean
4 oz

cumin ground
1/2 tsp

oregano, dried
1/4 tsp

garlic powder
1/4 tsp

salt
1/4 tsp

black pepper
1/8 tsp

cayenne pepper
1/8 tsp

black beans, no salt, boiled
1/4 Cup(s)

salsa, ready to serve
1/2 Cup(s)

plain greek yogurt, nonfat
1 oz

Nutrition Totals

Calories 275 / Carbs 21 g / Protein 33 g / Fat 7 g / Fluid 8 fl oz

Instructions

Instructions:

Brown ground beef in a pan and drain.

Combine cumin, oregano, garlic, salt, pepper, and cayenne in small bowl and add to pan with ground beef. Mix to combine.

Transfer 4 ounces of the meat into a large bowl. Store the remaining meat in an airtight container and refrigerate for later use.

Next add the black beans and salsa to the meat and stir to combine.

Stir in the Greek yogurt and add optional toppings. Serve.

Optional toppings: shredded cheese, chopped jalapenos, minced red or white onion, chopped cilantro, smoked paprika



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Nutrition Label

Fbbc Mexicali Dip		
Amount Per Serving		
Calories		275
		% Daily Value*
Total Fat	6.6g	10%
Saturated Fat	3.4g	17%
Trans Fat	0.3g	
Cholesterol	90.2mg	30%
Sodium	834.5mg	35%
Total Carbohydrates	21.3g	7%
Dietary Fiber	6.3g	26%
Total Sugar	6g	
Protein	33.3g	
Vitamin D	3.3IU	1%
Calcium	101.1mg	10%
Iron	4.3mg	24%
Potassium	969.3mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

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2 Servings

indian eggplant curry

Ingredients

eggplant
1 eggplant

onions
2 medium

garlic
2 clove

ginger root
2 Tbsp

cumin ground
1 tsp

curry powder
2 tsp

tomatoes
1 medium

plain yogurt, whole milk
1/2 Cup(s)

jalapeno peppers
1 pepper

kosher salt
1/8 tsp

cilantro leaves raw, coriander
1/2 Cup(s)

extra virgin olive oil
2 Tbsp

Nutrition Totals

Calories 607 / **Carbs** 71 g / **Protein** 15 g / **Fat** 35 g / **Fluid** 32 fl oz

Instructions

1. Preheat oven to 450 degrees F.
2. Place eggplant on a medium baking sheet covered with foil. Bake whole eggplant for 30 minutes, or until tender. Allow to cool and then peel and dice into medium size chunks.
3. In a medium sized saucepan, add oil and heat over medium heat. Add in onions, garlic, ginger and cumin. Cook and stir until onion is tender.
4. Add curry powder and diced tomato to the saucepan, and cook about 1 minute
5. Stir in yogurt and diced jalapeno pepper, and season with a pinch of kosher salt.
6. Cook 10 minutes over high heat, stirring constantly.
7. Reduce heat to low and simmer for 5 minutes. Garnish with cilantro prior to serving.



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Nutrition Label

Indian Eggplant Curry		
Amount Per Serving		
Calories		304
		% Daily Value*
Total Fat	17.3g	27%
Saturated Fat	3.4g	17%
Trans Fat	0g	
Cholesterol	7.9mg	3%
Sodium	66.3mg	3%
Total Carbohydrates	35.7g	12%
Dietary Fiber	12.2g	49%
Total Sugar	19.2g	
Protein	7.4g	
Vitamin D	1.2IU	0%
Calcium	148.6mg	15%
Iron	1.5mg	9%
Potassium	1111.6mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		



4 Servings

breakfast stuffed peppers

Ingredients

red peppers
2 medium

egg
4 egg

mushrooms
1/2 cup

onions
1/2 medium

garlic
2 clove

fresh spinach
2 Cup(s)

tomatoes
1 medium

extra virgin olive oil
1 Tbsp

kosher salt
1/8 tsp

black pepper
1/4 tsp

cheese swiss
2 oz

Nutrition Totals

Calories 757 / **Carbs** 38 g / **Protein** 47 g / **Fat** 51 g / **Fluid** 15 fl oz

Instructions

1. Preheat your oven to 375 degrees F.
2. Add olive oil to a medium sized skillet placed over a medium-heat.
3. Sauté onions and garlic until tender. Add in mushrooms, tomatoes and spinach. Cook until spinach is wilted.
4. Season to taste with salt and pepper. Turn off heat and set aside.
5. Cut two bell peppers in half and remove core/seeds. Place on baking sheet covered with foil.
6. In a small bowl whisk the 4 eggs until well beaten.
7. Divide the vegetable mixture equally among the bell pepper halves. Top each bell pepper with 1/4 of the beaten eggs.
8. Place the stuffed peppers in the oven and bake for 30 minutes. 9. Remove from oven and top each pepper with 0.5 oz of Swiss cheese. Place back in the oven for 10 minutes, or until cheese is melted and eggs are cooked through.



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Nutrition Label

Breakfast Stuffed Peppers	
Amount Per Serving	
Calories	189
% Daily Value*	
Total Fat 12.7g	20%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 13mg	4%
Sodium 51.2mg	2%
Total Carbohydrates 9.4g	3%
Dietary Fiber 3.7g	15%
Total Sugar 4.2g	
Protein 11.7g	
Vitamin D 3.4IU	1%
Calcium 141mg	14%
Iron 1.8mg	10%
Potassium 264.9mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



4 Servings

roasted beet and chickpea salad

Ingredients

beets
3 Beet

garlic
2 clove

rosemary
2 tsp

extra virgin olive oil
2 Tbsp

kosher salt
1/8 tsp

black pepper
1/4 tsp

chickpeas, canned, drained
8 oz

onions
1 medium

lemon juice
2 Tbsp

queso cotija
1/8 Cup(s)

cilantro leaves raw, coriander
1/2 Cup(s)

Nutrition Totals

Calories 834 / **Carbs** 304 g / **Protein** 28 g / **Fat** 44 g / **Fluid** 17 fl oz

Instructions

1. Preheat oven to 350 degrees F.
2. Place whole beets, garlic and rosemary on a large piece of foil. Drizzle with 1 tablespoon of the olive oil and half or salt and pepper.
3. Fold the foil up into a pouch and thoroughly seal all of the edges. Place in preheated oven.
4. Bake beets for ~45 minutes, or until beets are fork tender.
5. Remove beets from oven and allow them to cool.
6. Use a paper towel to remove beet peel. Cut the peeled beets into bite-size pieces. Mince the roasted garlic that was baked with the beets.
7. In a medium bowl, combine the beets, garlic, drained chickpeas, diced red onion, lemon juice and remaining salt, pepper and olive oil. Toss gently.
8. Garnish with cotija cheese and cilantro prior to serving.



Eating right, simplified.

Nutrition Label

Roasted Beet And Chickpea Salad		
Amount Per Serving		
Calories		209
		% Daily Value*
Total Fat	11g	17%
Saturated Fat	2.4g	12%
Trans Fat	0g	
Cholesterol	7.5mg	3%
Sodium	305.3mg	13%
Total Carbohydrates	75.8g	25%
Dietary Fiber	5.9g	24%
Total Sugar	7.8g	
Protein	6.9g	
Vitamin D	1.5IU	0%
Calcium	106.8mg	11%
Iron	1.2mg	7%
Potassium	341mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

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Shopping List

Accompaniments

kosher salt
0.46 tsp
salsa, ready to serve
0.5 Cup(s)

Beef

ground beef, lean
4 oz

Beverages

black tea brewed
6 Cup(s)
drinking water
52 Cup(s)
iced tea, green
12 Cup(s)

Bread

sunflower flax bread
9.25 slice
whole grain tortillas
6 tortilla

Cereal & Grain Products

basmati rice, cooked
5 Cup(s)
buckwheat groats, cooked
4 Cup(s)

Dairy & Egg

egg
4 egg
egg, hard boiled
4 large
plain greek yogurt, nonfat
35 oz
plain yogurt, whole milk

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Eating right, simplified.

0.88 Cup(s)
provolone cheese
3 oz
whole eggs, scrambled
2 large

Fats & Oils

extra virgin olive oil
21 Tbsp

Finfish & Shellfish

atlantic herring, cooked
3 oz
cod fish, cooked
9 oz
salmon, cooked
4 oz
shrimp, cooked
3 oz
tuna fish, very low-sodium, in water
6 oz

Fruits & Juices

avocados
0.5 avocado
blueberries
6 Cup(s)
grapes
6 oz
lemon juice
4 Tbsp
nectarines
3 fruit
oranges
7 fruit
pears
8 large

Legumes & Beans

black beans, no salt, boiled
0.25 Cup(s)
black eyed peas
3 Cup(s)
chickpeas, canned, drained

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Eating right, simplified.

8 oz

edamame soybeans, shelled

4.25 Cup(s)

Nuts & Seeds

almonds

1 oz

chunky peanut butter, no salt

4.5 Tbsp

walnuts

6 oz

Poultry

chicken breast, boneless skinless

23 oz

Snacks

blue corn tortilla chips, no salt

1 oz

brown rice crackers, no salt

40 crackers

Spices & Herbs

black pepper

0.65 tsp

cayenne pepper

0.13 tsp

cumin ground

2.25 tsp

curry powder

3.5 tsp

garlic powder

0.25 tsp

oregano, dried

0.25 tsp

rosemary

2 tsp

salt

0.25 tsp

Uncategorized

cheese swiss

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Eating right, simplified.

6 oz
queso cotija
0.12 Cup(s)
seeds chia dried
2 oz

Vegetables

beets
1 Cup(s)
3 Beet
brussels sprouts, no salt, boiled
5 Cup(s)
cilantro leaves raw, coriander
1.38 Cup(s)
eggplant
1.75 eggplant
fresh spinach
2 Cup(s)
garlic
8.5 clove
ginger root
3.5 Tbsp
jalapeno peppers
1.75 pepper
mushrooms
1.5 cup
onions
5 medium
red peppers
4 medium
romaine lettuce
9 Cup(s)
spinach, no salt, boiled
1 Cup(s)
sweet potato, no salt, baked
5 Cup(s)
tomatoes
7.38 cup
2.75 medium

Vegetarian Products

tempeh
7 oz